

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (Currently amended) A vehicle lamp comprising:  
  
A lamp body for holding therein a light  
source;  
  
a lens mounted on the front of said lamp  
body; and  
  
a carbon-based heating element mounted within said lamp body and  
apart from said light source and said lens, wherein heat rays radiated from said heating  
element irradiate a rear surface of said lens.
2. (Original) A vehicle lamp according to claim 1, further comprising a glass  
tube for sealing therein said carbon-based heating element.
3. (Original) A vehicle lamp according to claim 1, wherein said carbon-based  
heating element contains amorphous carbon and carbon powder dispersed in said amorphous  
carbon.
4. (Original) A vehicle lamp according to claim 3, wherein said carbon-based  
heating element further contains a metal or metalloid compound.